Now everybody has their morning routine, right? But mine are really focused on activating my brain power. Every single one of my habits, my routines in the morning are meant to really jumpstart my brain, so I can jumpstart the day. And so here are some of the things I do every single morning.

如今每个人都有自己的早晨固定习惯，对吧？但我的习惯是聚焦于激活自己大脑的能量。我早上的每一个习惯，每一个例行程序都是为了快速激活大脑，这样我就能激活我这一天了。所以呢，我每天早上都会做下面这些事情：

I wake up in the morning, the very first thing I do is I remember my dreams. The reason why you wanna remember your dreams is because some of the most incredible inventions and works of art and literature came from the dream state. Mary Shelley created Frankenstein in her dream.

我早上醒来后的第一件事就是记住我做的梦。之所以这样做，是因为一些最杰出的发明、艺术品和文学作品都来自于梦境的灵感。比如小说家玛丽·雪莱在梦中创作了《弗兰肯斯坦》。

The Periodic Table came in a chemist's dream. So what are you dreaming about late at night that you're forgetting in the morning that could be solving your biggest challenges in your life or in your business or things that you want to be able to learn?

还有，元素周期表也来自于一个化学家梦中的灵感。所以被你在清晨遗忘的那个睡梦或许能解决你最大的难题，这个难题可能来自于生活中、生意上，或者是你想学的东西上。

The second thing I do is I make my bed. The reason why I make my bed and why is that good for your brain, is because you want to start your day with excellence 'cause how you do anything is how you do everything, as you know. And so you wanna start with a win because it's the science of momentum. Because your brain likes to build on success and it's also good because when you come back at the end of the day, you come back to your bed already made, which is coming back to success.

我早上要做的第二件事情就是整理床铺，我整理床铺并认为这对于我的大脑有好处，因为人都想以优秀的自己开启新的一天，一屋不扫，何以扫天下。你想要以一个胜利开始这一天，因为这个胜利会创造一个继续胜利下去的冲力。因为你的大脑喜欢成功，而且整理床铺还有一个好处，那就是当你完成一天的工作，重新回到你早上整理好的床上时，你会有一种回归成功的感觉。

1.**morning routine**

 早晨常规事务；

2.**brain power**

  脑力；聪明才智；

3.**be meant to**

  是为了；

4.**jumpstart**

  快速启动；

5.**wanna**

  想要（等于want to）；

6.**dream state**

  睡梦状态；

7.**the Periodic Table**

  元素周期表；

8.**'cause**

  因为（=because）；

9.**momentum**

  动量；冲力；势头；